

MyPlate in Practice



SNAP-Ed

WASHINGTON STATE UNIVERSITY
EXTENSION

3rd grade Family Nutrition and Education Program

Like us at: www.facebook.com/ClarkCoFoodSense

Learn more about growing healthy kids' at: www.growhappykids.org

Plate-In-Practice: Series Objectives

Week 1- Handwashing

- Introduce MyPlate.
- Describe where germs come from. Explain why we wash our hands.
- Develop a proper handwashing technique.

Week 2- Dairy/Protein

- Identify Calcium will build strong bones.
- Identify that foods in the protein group will build strong muscles
- Identify the number of protein/dairy servings needed.
- Learn the difference between a plant protein and an animal protein.
- Build a MyPlate Parfait to eat in class.

Week 3- Grain Group

- Understand the MyPlate's Grain Group has specific nutrients that our bodies need to be healthy, including whole grains. Identify servings of grains needed for good health.
- Recognize grains as seeds and identify foods made from grains.
- Make a Trail Mix from grains and learn how to make one from food at home.

Week 4- Vegetable Group

- Recognize the six parts of a plant.
- Identify specific nutrients in these groups that our bodies need to be healthy.
- Sample a different vegetable from each part of the plant
- Play Five-A-Day Jeopardy (if time allows).

Week 5- Fruit Group

- Understand that not all fruit drinks contain fruit. Recognize the benefits of drinking water and eating fresh fruit.
 - Identify that Vitamin A and C help heal and keep our bodies healthy
 - Learn what is in soda pop from a demonstration.
 - Sample a homemade soda.
-

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office. This institution is an equal opportunity provider and employer.